



Amesbury Senior Community Center

68 Elm St

Amesbury, Ma 01913

978 388 8138

Fax 978 388 8144

Council on Aging

Volume 2, Issue 11

Dec. 2016

CITY OF AMESBURY COUNCIL ON AGING

Carriage Town Senior Newsletter

Interim Director Doreen Brothers, LSW

This is a nice time of year to reflect and to also look ahead. I am very appreciative for the continued support from our community. A special thank you to Deputy Nolan and his team of Fire Fighters for soliciting donations and cooking breakfast for our Veterans. I am equally as grateful to Police Officer Hanshaw, Community Liaison, for being a consistent presence

and support to our staff and seniors. Local businesses big and small were so generous in support of the FCOA Christmas Fair.

For those that find this time of year a challenge, financially and/or emotionally, please consider calling us or stopping by. Being around others is beneficial. We have a great team of staff



and interns who are there for you - and we have many fun events planned. (SEE PAGE 2).

On a lighter note, we are looking for a few people to join an intergenerational program called Bridges Together. This is a collaboration between the COA and Amesbury Elementary 3rd and 4th graders. How fun! Happy Holidays!



Mayor Ken Gray

I can't believe it's December already! Such a wonderful time of year, filled with holidays, great food and festive cheer. We have some terrific events coming up in December. On Saturday December 3rd we will hold the Annual Santa Parade and Christmas Tree Lighting. The parade starts at 3:30PM and travels from Sparhawk Street to Main Street to Market Square. The Christmas Tree lighting will follow at Market Square. Pictures with Santa will be at the Provident Bank. I will be riding in the parade with my wife Donna. I hope you all join us!

Our downtown shops will be open late every Thursday

in December leading up to Christmas, offering refreshments, sales and music. This year there will be Victorian Carolers, Pictures with Santa and other great surprises. It's a great reason to get out and do some shopping while supporting our local businesses!

I'm also looking forward to the COA's Annual Holiday Luncheon at Holy Family Parish Hall on Thursday, December 8th. This is a wonderful yearly event and one that I enjoy immensely. I will see you all there.

I wish you a wonderful holiday season. Best wishes from my family to yours!

Take care,
Ken

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Interim Director

Doreen Brothers,
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Operations Manager

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x545

EMHOT Program Manager

Courtney
Hutchinson MA,
LSW x543

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x554

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N.E.E.T

Mary Jo Sullivan
x 556

Activities/Aide

Brandi Thompson

Nutrition Program: MOW Site Manager

Jennifer
978 388 8138 x549

COA Board MTG 12/8 4:30p

FCOA Board MTG 12/15 2:00pm

Special Events: We ask that you **RSVP 978-388-8138** for all these events listed

• 12/2 9:30am Coastal Connections Bingo

• 12/6 Tue 11am: Brown Bag pick up

• 12/7 Weds 9:30am Brains, Balance, & Breakfast: Arete Rehab, please sign up

• 12/8 Thurs. Annual Christmas Luncheon

Holy Family Parish
Hall. Tickets \$6
FCOA/\$7 Non FCOA
open at 10:15 Lunch at 12.

• 12/12 Mon 11:20am Sponsored lunch (FREE) Thank you Merrimack Valley Health Center.

• 12/14 Wed 9am Coffee with the Chiefs

• 12/14 Wed 9am Simply Foot Care: Catherine Languedoc, RN , Cost \$30 pp, Apt start at 9am

• 12/15 Thurs, 11:20am Lunch. Noon Birthday Party: Thank you Merrimack Valley Health, Stop n Shop, FCOA. Entertainer-If it's your birthday month FCOA invites you to lunch.

• 12/19 Mon 9:30am Christmas Carols AES Kindergartners coming to visit & sing!

• 12/19 Mon 11:20 am ESMV Special Holiday Meal RSVP by 12/15

• 12/19 Mon 3:30pm Staff Christmas Party Pot Luck & Yankee gift swap. Sign up.

• 12/20 Tues 9am Christmas Breakfast Delicious food, Santa, Gifts, & Live Jazz! RSVP by 12/16

• 12/20 Tues 11:40am Amesbury High School Rhythmics Perform Carols

• 12/28 Wed 11:20am Sponsored Lunch: Thank you *Country Rehab. Center*

Groups

• 12/1 Thurs 1pm Low Vision support group.

• Dec. 2, 16, & 30 Men's Group: facilitated by Joe LeBlanc – pastry & coffee sponsored by Andymans Bakery

• 12/9 & 12/23 Men's Social Group: Gathering of like minded men.

• 12/15 Thur NAMI 7:30pm: National Alliance on Mental illness . The Family & Friends support group/ Connection Recovery. 978-872-4525 or nnea333@gmail.com

• 9/21 thru 12/21 Wed 10am Bereavement Support Grp. Please call Lois Marra, Home Health VNA 978-684-2185

• 12/22 10AM Caregiver Support Group with Katrina, LSWA.

Senior and Veteran Tax work off applications available -see reception desk, 2nd floor

The Amesbury COA is now taking applications for the senior and veteran tax work off program. The program will start the first week of January 2017 and run until October 31, 2017. The senior tax program is for eligible seniors whose income is at or below 500% of the poverty line and for any veteran. This program allows you to volunteer 90 hours earning \$1,000 off your property tax bill. Individuals gross no more than \$59,400 or couples \$80,100. Veterans –no income requirement just please show valid DD214.

Positions are located throughout city departments. Applications are at reception on 2nd floor of the COA.

**If you would like this
newsletter emailed,
please call Vanessa
978-388-8138**



***Please note:
Reservations
cannot be
confirmed
until payment
is received.
For details
and to sign
up for one of
our group
tours please
contact the
Council on
Aging in
Amesbury @
978-388-8138.***

~~~~~

**COA Board  
MTG 12/8  
4:30pm**

**Friends of the  
Council on  
Aging**

**FCOA Board  
MTG 12/15  
2:00pm**

**FCOA Officer**

**Ken Bosse,  
President  
John Jennell,  
Vice President  
Jackie Storti,  
Treasurer  
Margery Young,  
Secretary  
Lois Pierce,  
Membership**

**Trips and Tours— A fundraiser for the FCOA—  
Everyone is welcome**

**December 5 – A White Mountain Christmas @ Indian Head Resort –** Located in Lincoln, NH; includes Luncheon Buffet, Welcome Reception, photo with Santa, dance band, floor show, Christmas Carol sing-alongs and a gift for all. \$76pp payable to Royal Tours.

**December 7 – O Sole Trio @ Danversport Yacht Club.** This versatile musical trio performs a Festive Holiday Program packed with your favorite hits of the past along with Holiday Classics. Includes lunch (choice of Chicken Parm w/Penne Pasta or Baked Scrod). \$89pp payable to Best of Times.

**A message from  
FCOA President, Ken  
Bosse.**

My sincere thank you to everybody who made our Christmas Faire a big success this year! We brought in over \$3400 and will be able to continue to support our community with many activities and events! A big thank you to TD Bank for \$650 brought in through their special promotion at the fair. Enjoy the holidays with your loved ones. This King Crab Appetizer recipe is a favorite of mine, I make it every Christmas!

**December 31 – New Year's Eve Day Trip @ Danversport Yacht Club.** Featuring Award Winning Singer Lydia Harrell and dancing to the Lovely Singer Orchestra. Includes Show, Luncheon (choice of Stuffed Chicken Breast or Baked Scrod), Party Favors & Champagne Toast. \$95pp payable to Best of Times.

**May 1-5, 2017 – Niagara Falls & Toronto –** Includes a journey to the Falls on a Hornblower Niagara Cruise. Visits to beautiful Queen Victoria Park, historical Niagara-on-the-Lake, engineering marvel the Welland Shipping Canal and Fallsview Casino. Tour of cosmopolitan Toronto, including majestic Casa Loma. 5 Days/4 Nights; 8 Meals (4 Breakfasts/4 Dinners). \$499pp DbL/\$658 Sgl. ***\$75 on sign up reserves your seat;*** final payment due 02/22/17.

**May 19-21, 2017 – New York City –** Includes visits to 09/11 Museum & Memorial; Ferry Ride to Liberty & Ellis Island w/ Admission to Statue of Liberty. Free time to explore the city; enjoy museums, shows, sightseeing, shopping, etc. at your own pace. 3 Days/2 Nights; American Breakfast Buffet each morning. \$599pp DbL/\$879 Sgl. ***\$50 on sign up confirms your reservation;*** final payment due 04/07/17.



**King Crab Appetizers**

**Ingredients**

2 (12 ounce) packages refrigerated biscuit dough  
1 (8 ounce) package cream cheese, softened  
1 (6 ounce) can crab meat, drained  
2 tablespoons mayonnaise  
2 tablespoons grated Parmesan cheese  
1/2 cup shredded Cheddar cheese  
2 tablespoons thinly sliced green onion  
1 teaspoon Worcestershire sauce  
1 pinch paprika



**Directions**

Preheat oven to 375 degrees F (190 degrees C). Lightly grease 12 tartlet pans. Divide rolls in half and press into the prepared tartlet pans. Set aside. In a large bowl, combine cream cheese, crab, mayonnaise, Parmesan cheese, Cheddar cheese, green onions and Worcestershire sauce. Spoon 1 teaspoon of mixture into tarts and garnish with paprika. Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes, or until light brown.



### **Council On Aging Mission Statement**

*To advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.*

### **Council on Aging Board**

Gayle Yarnell-  
Chairperson D.  
Kliggi Thomas- Vice  
Chair, Cynthia  
Costello- Secretary,  
Lee Ford –Treasurer,  
Paul C. Rogers,  
Marcia Gilmore,  
Frankie Lalemand,  
Sue Ballard, Teresa  
Axten, Andy Gilmore

**COA BOARD**  
12/8  
4:30pm

We welcome  
members to join  
us at our  
meetings

**FCOA BOARD**  
12/15 2:00pm

## **Senior Crime Prevention Tips DEC 2016 By Officer Tom Hanshaw**



Although it does not seem possible, we have reached the end of another year, so welcome to December. As we enter the holiday season, I always like to remind residents about the importance of protecting your money; either with donations or shopping. Unfortunately, thieves will use the season of giving as a season of taking and they have very little remorse. Keep track of your money when out shopping, monitor your credit cards and know where your donations are going; don't let the Grinch steal your Christmas.

It's a good time to reflect on the happenings of the past year, be thankful for

what we have and to get ready for a new year. For those of you sticking around New England for winter, it's also time to make plans for what's ahead. I am hopeful for another mild season but history tells us anything is possible over the next few months. Stock up on supplies like non-perishable food, water, prescription medication and batteries. It's likely we'll lose power at some point, so make preparations in case it is out for an extended period and be patient. When a severe storm hits, stay inside; public safety and service crews prefer open streets for cleaning and emergency traffic. Don't worry if your street is not cleared immediately, the DPW will

get there. In my 30-plus years of service, I have never seen a call we can't reach, especially with the Ford SUVs.

In closing, I would like to thank everyone who helped us make our community a safer and better place in 2016; it was quite a year! On behalf of Chief Ouellet and the staff at the Amesbury Police Department, I would like to wish readers a very happy holiday season, Merry

**Coffee with the  
Chiefs  
Wednesday  
December 14th  
9:00 AM**

## **WHEN YOU RETIRE, WHERE CAN YOU FIND INVESTMENT INCOME?**

During your working years, you need to grow as many resources as possible for retirement. Once you retire, though, you will need to shift your focus somewhat toward income. Which investments can help you?

You have many choices of income-producing vehicles. You could invest in bonds, which make regular interest payments. Generally, though, your income from bonds won't rise over time, leaving you vulnerable to

inflation.

As an alternative to bonds, you may want to consider stocks that regularly increase their dividends. Still, even with their strong records, these stocks can lower or even eliminate dividends at any time. Plus, they are subject to market risk.

One other income-producing possibility is a real estate investment trust, known as a REIT. Some REITs invest in commercial properties, while others invest in mort-

gages. REITs can pay very high dividends, but they're also susceptible to interest-rate movements.

There's no one "perfect" answer for retirees seeking investment income. But by exploring all your options, and choosing the ones that are appropriate for your needs, you may be able to build an income stream to support a long and comfortable retirement.

**Peter Doyle, your Edward Jones financial advisor lo-**

## Senator Kathleen O'Connor-Ives First Essex District



### VOLUNTEERS:

**For the FCOA**—  
which supports  
the COA:

Penny Mill clerk  
Administrative  
Fundraising

All are welcome  
to join the board!

### **For the COA**

NEET drivers  
Meals onWheels  
Drivers  
Greeters  
Receptionists  
Special events

Dear friends,

One of my priorities for the legislative session beginning in January is a bill I co-sponsored last session, "An Act Relative To Land Conservation Incentives," which would expand the state's Conservation Land Tax Credit Program by increasing the state's annual cap from \$2 million to \$5 million.

Landowners can donate eligible properties containing important natural resource features, in exchange for a state tax credit equal to 50% of the land's value. Since 2011, the program has helped preserve over 10,000 acres of land in

Massachusetts valued at over \$46.3 million at a cost of just \$10.7 million since 2011, representing a significant return on investment.

However, participation in the program has been restricted because the individual tax credit is currently capped at a maximum \$75,000 per donation, while the state-wide limit for the program overall is limited to \$2 million per year.

As a result, there are currently more than 87 pending applications for land transfers under the program, encompassing 3,500 acres of land which

includes over 100 acres of potentially conserved land in the Merrimack Valley.

Increasing the annual cap to \$5 million would address the existing waiting list of landowners who have applied under the tax credit program, and also encourage more wide-spread conservation planning in the future.

As always, my office can be reached at 617-722-1604 if we may be of assistance.

Sincerely,

## FRIENDS OF THE AMESBURY COUNCIL ON AGING (FCOA)

### Annual Membership Drive

If you desire to become a member or want to renew, please complete the application below and mail with \$6.00 per person for the year (Friends fiscal year runs from July 1 to June 30). To have the Carriage Town Senior Newsletter mailed to your home is an extra \$8.00 per year. **The FCOA supports all the activities at the senior center— be a Member!- No age restriction!**

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Fill in amount included:

FRIENDS \$6 \_\_\_\_\_

NEWSLETTER \$8 \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Please mail check to: Friends of the Amesbury Council on Aging (FCOA), 68 Elm Street, Amesbury, MA 01913 or hand to the receptionist on the second floor






Date received \_\_\_\_\_ Volunteer Staff/Initials \_\_\_\_\_

FCOA is a non-profit



# December 2016



| Monday                                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Don't forget to buy your tickets to the Annual Christmas Luncheon!<br/>In advance: Tickets are \$6 for FCOA members &amp; \$7 for Non-FCOA<br/>At the door: \$10</p> |                                                                                                                                                                                                                                |                                                                                                                                                                                                                      | <p>1</p> <p>8:30 Yoga Thx Maplewd<br/>9:30 Iris Folding<br/>10:00 Zumba<br/>10:00 Meditation<br/>12:00 Line dancing<br/>1:00 Bridge<br/>1:00 Low Vision Support—<br/>Seaglass Luncheon</p>                                                                                           | <p>2</p> <p>9:00 Men's Group<br/>9:30 Bingo with<br/>Coastal Connections<br/>12:00 Game Room<br/>1:30 Shopping</p>                                                                  |
| <p>5</p> <p>9:00 Wii<br/>10:00 Art Class<br/>12:00 Monday Movie<br/>1:00 Mah Jongg<br/>2:00 3B Fitness<br/>2:00 Computer Instruction</p>                                                                                                                  | <p>6</p> <p><b>Brown Bag</b><br/>9:00 Busy Needles<br/>11:00 Blankets for Kids<br/>12:15 Bingo</p>                                                                                                                             | <p>7</p> <p>9:00 Foot Care<br/>9:30 Brains, Balance, and<br/>Continental Breakfast<br/>Seminar w/Arete Rehab<br/>9:30 SHINE<br/>10:00 Watercolor<br/>10:00 Bereavement Grp<br/>1:00 Exercise<br/>2:00 3B Fitness</p> | <p>8</p> <p>All scheduled events Cancelled<br/><b>Christmas Luncheon</b><br/>Holy Family Parish Hall<br/>Doors open 10:15am<br/>11am Whittier concert<br/>12:00 lunch<br/>1:15 Entertainment</p>  | <p>9</p> <p>9:00 Men's Peer Social Group<br/>12:00 Game Room<br/>1:30 Shopping</p>                                                                                                  |
| <p>12</p> <p>9:00 Wii<br/>10:00 Art Class<br/>11:15 Sponsored Lunch<br/>Thank you MVHC<br/>12:00 Monday Movie<br/>1:00 Chair Exercise<br/>1:00 MahJongg<br/>2:00 Computer Instruction<br/>2:00 3B Fitness!<br/>6:30 Veteran Peer Support</p>              | <p>13</p> <p>9:00 Busy Needles<br/>10:00 Health Nurse<br/>10:00 Book Club<br/>11:00 Hearing Clinic<br/>11:00 Blankets for Kids<br/>12:15 Bingo</p>                                                                             | <p>14</p> <p><u>9:00 Coffee with the Chiefs</u><br/>9:00 Foot Care<br/>9:30 SHINE<br/>10:00 Watercolor<br/>10:00 Bereavement Grp<br/>1:00 Exercise<br/>2:00 3B Fitness</p>                                           | <p>15</p> <p>8:30 Yoga Thx Maplewood<br/>9:30 Iris Folding<br/>10:00 Meditation<br/>10:00 Zumba<br/>12:00 <u>Birthday party</u><br/>1:00 Bridge<br/>1:00 Line dancing<br/>2:00 FCOA meeting<br/>7:30 NAMI</p>                                                                        | <p>16</p> <p>9:00 Men's Group<br/>9:00 Legal Clinic<br/>12:00 Game Time<br/>1:30 Shopping</p>  |
| <p>19</p> <p>9:00 Wii<br/>9:30 Christmas Carols by<br/>AES Kindergarteners<br/>10:00 Art Class<br/>11:15 ESMV Holiday Meal<br/>12:00 Monday Movie<br/>1:00 Mah Jongg<br/>2:00 Computer Instruction<br/>2:00 3B Fitness</p>                                | <p>20</p> <p><u>9:00 Christmas Breakfast!</u><br/>9:00 Busy Needles<br/>10:00 Health Nurse<br/>11:00 Blankets for Kids<br/>12:15 Bingo</p>  | <p>21</p> <p>9:30 SHINE<br/>10:00 Watercolor<br/>10:00 Bereavement Grp<br/>1:00 Exercise<br/>2:00 3B Fitness</p>                                                                                                     | <p>22</p> <p>8:30 Yoga Thx Maplewood<br/>9:30 Iris Folding<br/>10:00 <u>Caregiver Support Group</u><br/>10:00 Meditation<br/>10:00 Zumba<br/>1:00 Bridge<br/>1:00 Line dancing</p>                                                                                                   | <p>23</p> <p>9:00 Men's Peer Social Group<br/>12:00 Game Time<br/>1:30 Shopping</p>                                                                                                 |
| <p>26</p> <p>Christmas Day Observed.<br/>Senior Center Closed</p>                                                                                                      | <p>27</p> <p>9:00 Busy Needles<br/>10:00 Health Nurse<br/>11:00 Blankets for Kids<br/>12:15 Bingo</p>                                                                                                                          | <p>28</p> <p>9:30 SHINE<br/>10:00 Watercolor<br/>10:00 Bereavement Grp<br/>11:20 Sponsored lunch; Thx<br/>Country Rehab Ctr.<br/>1:00 Exercise<br/>2:00 3B Fitness</p>                                               | <p>29</p> <p>8:30 Yoga Thx Maplewood<br/>9:30 Iris Folding<br/>10:00 Meditation<br/>10:00 Zumba<br/>1:00 Bridge<br/>1:00 Line dancing</p>                                                                                                                                            | <p>30</p> <p>9:00 Men's Group<br/>12:00 Game Time<br/>1:30 Shopping</p>                                                                                                             |



## December Regular Menu

| MONDAY                                                                                                        | TUESDAY                                                                                              | WEDNESDAY                                                                                                                    | THURSDAY                                                                                                                               | FRIDAY                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                               |                                                                                                      |                                                                                                                              | 1 Beef Burgundy with Onions & Mushrooms<br>Egg Noodles<br>Carrots & Cauliflower<br>Italian Bread<br>Fruit Loaf/Grahams                 | 2 Vegetarian Chili<br>Rice pilaf<br>Zucchini & Tomatoes<br>Cornbread 1pc<br>Diet Gelatin                                     |
| 5 LS Hot Dog<br>Pork Baked Beans<br>Potato Chips 1pc<br>Hot Dog Roll<br>Pineapple<br>Ketchup, Mustard, Relish | 6 Vegetable/Cheese<br>Frittata<br>Roasted Sweet Potatoes<br>Baked Apples<br>Yogurt<br>NG Bread       | 7 Cream of Broccoli Soup<br>Herb Roasted Chicken<br>Vegetable Orzo<br>Beets<br>WW Dinner Roll                                | 8 Baked Fish<br>Brown Rice Pilaf<br>Peas<br>Wheat Bread<br>Cookie/Lorna Doones                                                         | 9 Turkey 3oz w/Gravy<br>Mashed Potatoes<br>Stuffing<br>Green Beans<br>Dinner Roll<br>Cranberry Sauce<br>Fresh fruit (orange) |
| 12 Stuffed shells<br>Meat sauce<br>Cauliflower<br>Italian Bread<br>Mixed fruit<br>Parm cheese                 | 13 Chicken<br>Marsala Sauce<br>Pasta<br>Mixed Vegetables<br>Oatmeal Bread<br>Pudding/Dt Pudding      | 14 Seafood Chowder<br>Cheeseburger<br>Potato Wedges<br>Zucchini<br>Hamburger Roll<br>Mandarin oranges<br>Ketchup and Mustard | 15 <b>Birthday</b><br>Rosted Pork<br>Gravy<br>Mashed Potatoes<br>Capri Veggies<br>NG Bread<br>B-day Cake/Angel Cake                    | 16 Macaroni & Cheese<br>w/Crumb Topping on side<br>Broccoli<br>Honey Wheat Roll<br>Fresh fruit                               |
| 19 Turkey A La King<br>Herbed Rice<br>Green Beans<br>WW bread<br>Fresh fruit (orange)                         | 20 Beef Stew with vegetables<br>Steamed Potatoes<br>Biscuit<br>Chef's Choice Dessert                 | 21 Chicken Noodle soup<br>Seafood Casserole<br>Rice Pilaf<br>Corn & red peppers<br>Dinner Roll<br>Mixed Fruit                | 22 <b>Special</b><br>Baked Stuffed Chicken<br>Honey Glazed Carrots/parsnips<br>Sour Cream Mashed Potatoes<br>WW Dinner Roll<br>Brownie | 23 Eggplant Parmesan<br>Pasta<br>Spinach<br>Italian Bread<br>Pears                                                           |
| 26<br><br><b>No Meal Service</b>                                                                              | 27 Baked Ham<br>Raisin Sauce<br>Sweet Potatoes<br>Brussels Sprouts<br>Multigrain Bread<br>Applesauce | 28 Veggie Soup<br>Chicken Drumstick<br>Orange Sauce<br>White Rice<br>Asian Blend Vegetables<br>NG Bread<br>Fresh Fruit       | 29 Meatloaf<br>Gravy<br>Butternut Squash<br>Steamed red potatoes<br>Wheat Bread 1 pc<br>Pudding/Dt Pudding                             | 30 Chicken Broccoli<br>Alfredo<br>Pasta<br>Chef's Choice Veg<br>Italian Bread<br>Cookie/Cirahams                             |

\*If available. Individual parmesan portions to be delivered to the sites.

Amesbury Senior Community Center



## December 2016 Special Events

12/7 9:30am Brains, Balance, & Breakfast  
with Arête Rehab

12/8 12:00pm Annual Christmas Luncheon  
at Holy Family Parish Hall

12/19 9:30am Christmas Carols  
By the Amesbury Elementary Kindergartners

12/19 3:30pm Staff Christmas Party

12/20 9:00am Christmas Breakfast  
11:40am Amesbury High School Rhythmics Perform Carols

For more details, or to RSVP, please see Reception!

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# Amesbury Senior Citizens 31st Annual Christmas Party



**Thursday December 8, 2016**  
**Doors open at 10:15 am for social hour,**  
**Dinner at 12:00 pm**  
**Holy Family Parish Hall**

**Turkey dinner with all the fixings to be served**

**Tickets: FCOA members \$6/non FCOA members \$7**  
**\$10 after 12/7 noon**

**Please purchase tickets at the Senior Community Center located at**  
**68 Elm Street, 978 -388 -8138**

**We invite all seniors & guests from our neighboring towns to join us**

**11:00 am Entertainment by Whittier Performing Arts**  
**1:15 pm Music with DJ Andy Gilmore**

**Sponsors: Friends of the Council on Aging, The Amesbury Rotary, Merrimack-Valley Health Center, Paul C. Rogers Funeral Home, Shaheen Bros. , Vermettes, Our Neighbor's Table and others**



Channel 12  
Tuesdays 4:00pm  
Wednesdays  
9:30am  
Thursday 7:30pm  
Saturday 9:00am

### 5 DIMENSIONS OF WELLNESS



\*There are 5 main aspects of personal health: physical, emotional, social, spiritual, and intellectual. In order to be considered "well," it is imperative for none of these areas to be neglected.

See if you can look for ways to practice good wellness habits.

## Senior Lift

### Senior Lift in December

Channel 12

Sundays 8:00am, Mondays 3:30pm

Wednesdays 10:00am, Saturdays 8:00am

Watch and join Doreen Brothers. LSW, Interim Director and Certified Personal Trainer with 2 local guests.

#### **\*INTELLECTUAL**

#### **COMPUTER CLASSES**

running through December.  
Microsoft Word, Excel and Outlook/Email

\$15 for 1 hour individual

\$15 for 2 hour group lessons

Please sign up with fee in advance

#### **\*SPIRITUAL**

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

~ William Arthur Ward

#### **\*SOCIAL, EMOTIONAL**

#### **IRIS FOLDING EVERY THURSDAY 9:30AM**

#### **VETERAN'S SOCIAL GROUP**

Mon 12/12 6:30PM

#### **CAREGIVER SUPPORT GROUP**

Thursday 12/22

10:00 AM

#### **BEREAVEMENT GROUP**

Wednesdays 12/7-12/28

10:00-11:30 AM

#### **\*PHYSICAL, SOCIAL, EMOTIONAL**

#### **BRAINS, BALANCE, & BREAKFAST w/ Arete**

12/7 9:30 AM FREE

#### **3B FITNESS - Mon and Wed. 2pm \$3/class**

#### **EXERCISE CLASS - Wed. 1pm \$3/class**

#### **MEDITATION - Thurs. 10am FREE**

#### **YOGA - Free every Thurs. 8:30am Thank you Maplewood**

#### **ZUMBA - Every Thurs. 10am**

#### **LINE DANCING - Every Thurs. 1pm**

Treadmill and exercise bike on site for your use.  
Burn calories for FREE!!!

#### **CHRISTMAS LUNCHEON**

December 8th

#### **Holy Family Parish Hall**

Doors Open @ 10:15

Whittier Chorus at 11am

Lunch at 12pm

DJ Andy Gilmore at 1:15

Tickets \$6 FCOA/\$7 Non FCOA



Would you like to quit smoking or know someone who would like to quit?

· Considering medications to increase your chances of quitting? Mass Health and many other insurance companies cover quit smoking medicines with little or no co-pay.

· Interested in talking to a quit coach for free? Call 1-800-QUIT-NOW(1-800-784-8669). The Helpline is open 24 hours each day, seven days a week (except Thanksgiving and Christmas) and experienced coaches are ready to help.

· Want to try nicotine patches to further your chances of being successful and quitting smoking for good? Call 1-800-QUIT-NOW and receive 1 month of FREE nicotine patches (with medical eligibility).

For more information about 1-800-QUIT-NOW, please click here and visit

<http://www.makesmokinghistory.org>.

Contact the Northeast Tobacco-Free Community Partnership at [dknight@glfhc.org](mailto:dknight@glfhc.org) to learn more about the impact tobacco has on your community.



## Looking for volunteers!

The Greenleaf Supportive Day Program is looking for volunteers to help during fundraising events.

### CURRENTLY REQUESTING VOLUNTEERS !!

HELP RAISE MONEY FOR THE GREENLEAF PROGRAM!

For more information please call:

**Katrina Rioux,**  
Program  
Coordinator/  
Community  
Relations  
**(978) 388-8138  
x 545**

## Free Trial Day



The Greenleaf Supportive/Social Day Program offers each participant socialization and meaningful recreational activities as well as supervision, nutrition and support services in a community-based setting. their family and attend to their own well being.

# Greenleaf Supportive Social Day Program

*Respite for your Family Tree*

Greenleaf Supportive Day Program is located within the Amesbury Senior Community Center.

**Monday - Friday 9:00am - 3:00pm**

Lunch is served at 11:15am

For more information please call

**Vanessa R. Kahrman 978-388-8138 x544**

**Greenleaf is contracted with Elder Services of the Merrimack Valley.**

Payment options are available if you are a client of ESMV or are eligible for MassHealth.



## Greenleaf Caregiver Support Activities

**12/20 9:00am Christmas Breakfast**

**12/22 10:00am Support group** with Katrina, BA, LSWA

**Greenleaf Caregiver Support.** This program is **FREE to all** and provides fun, recreational and social activities to anyone who has an interest.

The purpose for caregiver support is to provide caregivers with the resources needed to manage the stress associated with caring for a loved one

**All Greenleaf Caregiver Support Events are now open to the public!**

Check out our monthly newsletters for events!

RSVP at (978) 388-8138.

### WHAT DOES GREENLEAF CAREGIVER SUPPORT OFFER?

- Case Management
- Caregiver Support Groups
- Tele Check-In Program
- Friendly Visitor Program
- After Greenleaf
- Entertainment

### FOR MORE INFORMATION

Please call Katrina Rioux at 978-388-8138 x545

Vanessa Kahrman  
at 978-388-8138 x544

### Upcoming Events:

#### Christmas Breakfast

Delicious food, Live Jazz Music, Visit by Santa, Photos, and Gifts for all!

Tuesday Dec. 20th

9:30 AM

**\*FREE\* Please RSVP**

#### **\*Past Events:**

We hope you have enjoyed some of our past events

**Oct.** Halloween Comedy Night

**Sept.** Elvis Dinner Show

**August** Lobster & Jazz

**July** Hypnosis Program

**June** Bingo Night

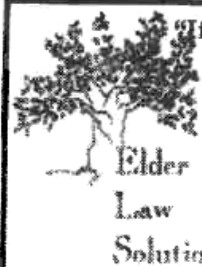
**May** Chowder Festival



Halloween Comedy Night







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## MEDITATION: THURSDAYS 10:00-11:30 AM

**\*FREE\***

Buddhist philosophy and practice, some yoga style warm up exercises, a few minutes of Qigong exercises, a breathing exercise, some chanting and Pure Land meditation. Exercises are very gentle and designed to relax the body. Sitting on chairs, lying down, or kneeling are all fine. Wear comfortable clothes.

The Teacher: John Lalumiere has been teaching for several years and practicing meditation since the 80's when he met his first teacher.

### ARE YOU AN ADULT AGE 60 OR OLDER WHO HAS MENTAL HEALTH CONCERNS? WE CAN HELP!

The elder mobile mental health outreach team (EMHOT) is a completely free and confidential service funded by the MCOA and in partnership with the Pettengill House, Inc to residents of Amesbury, Salisbury, Newburyport, Merrimac, West Newbury, and Groveland that are aged 60 and older.

If you, or someone you know, are aged 60 or older and suffering with a mental health issue please call for a referral.

#### CONTACT:

Courtney Hutchinson, MCJ, LSW  
978-388-8138 x 543  
hutchinsonc@amesburyma.gov  
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